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| Hold On |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Fred Whitehouse (IRE) - April 2022 |
| **Music:** | Hold On (feat. Lauren Weintraub) - Brandon Ray |
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**Intro: 8 Counts, Start at approx 6 secs**

**SEC 1 Back Rock, ¼ Side, Back Rock, ½ Back, Back Rock, Sweep, Step, Sweep, Cross, Side, ⅛ Together**

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| --- | --- |
| 1-2& | Rock right back, recover weight onto left, turn ¼ left step right to right (9:00) |

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| --- | --- |
| 3-4& | Rock left back, recover weight onto right, turn ½ right step left back (3:00) |

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| --- | --- |
| 5-6 | Rock right back, recover weight onto left sweeping right from back to front |

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| --- | --- |
| 7 | Step right forward sweeping left from back to front |

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| --- | --- |
| 8&1 | Cross left over right, step right to right, turn ⅛ left step left beside right (1:30) |

**SEC 2 Walk, Walk, ⅛ Side Rock Cross, ½ Hinge Turn, Cross, Side, ¼ Side**

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| --- | --- |
| 2-3 | Step right forward, step left forward |

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| --- | --- |
| 4&5 | Turn ⅛ left rock right to right, recover weight onto left, cross right over left (12:00) |

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| --- | --- |
| 6-7 | Turn ¼ right step left back, turn ¼ right step right to right (6:00) |

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| --- | --- |
| 8&1 | Cross left over right, step right to right, turn ¼ left step left to left (3:00) |

**SEC 3 ½ Diamond, ⅛ Walk, Walk, Step, ⅝ Pivot**

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| --- | --- |
| 2&3 | Turn ⅛ left step right forward, step left forward, turn ⅛ left step right to right (12:00) |

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| --- | --- |
| 4&5 | Turn ⅛ left step left back, step right back, turn ⅛ left step left to left (9:00) |

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| --- | --- |
| 6-7 | Turn ⅛ left step right forward, step left forward (7:30) |

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| 8& | Step right forward, pivot ⅝ left transferring weight onto left (12:00) |

**SEC 4 Nightclub Basic, Nightclub Basic, ¼ Step, ¼ Side Lunge, ¼ Recover, ½ Back**

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| --- | --- |
| 1-2& | Step right to right, step left beside right, cross right over left |

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| --- | --- |
| 3-4& | Step left to left, step right beside left, cross left over right |

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| --- | --- |
| 5 | Turn ¼ right step right forward (3:00) |

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| --- | --- |
| 6-7 | Turn ¼ right lunge left to left, turn ¼ right recover weight onto right (9:00) |

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| --- | --- |
| 8 | Turn ½ right step left back (3:00) |

**Tag: At the end of Walls 2 & 5**

**Reverse Rocking Chair**

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| --- | --- |
| 1-2 | Rock right back, recover weight onto left |

|  |  |
| --- | --- |
| 3-4 | Rock right forward, recover weight onto left |